

## A3.12 JAPANESE, OKAZAKI

### DEMOGRAPHY

**A3.Table 12.1. Descriptive statistics for age by group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	74	85	74	83
SD	3	4	3	2
Minimum	70	80	70	80
5%	70	80	70	80
25%	71	81	72	81
50%	72	86	75	84
75%	76	90	76	85
95%	77	90	79	85
Maximum	78	91	79	87

**A3.Table 12.2. DC 24. "As a child did you live in a rural or urban community?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Urban areas	46.4	33.3	30.3	38.5
Rural areas	39.3	60.0	60.6	46.2
Both	0.0	0.0	3.0	7.7
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.3. DC 25. "As an adult did you live in a rural or urban community?" by age group and gender.**

JPN-O	Men (%)	Women (%)
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	70 - 79	80+	70 - 79	80+
Urban areas	57.1	73.3	51.5	53.9
Rural areas	21.4	13.3	39.4	30.8
Both	7.1	6.7	3.0	7.7
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.4. DC 28. "For how many years did you have full-time education?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
0	3.6	20.0	39.4	46.2
1	0.0	0.0	0.0	7.7
2	50.0	46.7	33.3	15.4
3	7.1	6.7	3.0	0.0
4	10.7	0.0	3.0	7.7
5	10.7	6.7	15.2	7.7
6	3.6	0.0	0.0	7.7
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.5. DC 29. "Did you undertake studies beyond secondary school?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	82.1	73.3	57.6	46.2
No	3.6	20.0	36.4	46.2
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.6. DC 32A. "What kind of work did you do most of your working life?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Professional	7.1	26.7	6.1	7.7

Administrative	10.7	0.0	0.0	7.7
Clerical worker	3.6	6.7	0.0	0.0
Sales worker	3.6	0.0	6.1	0.0
Farmer, fisherman	10.7	13.3	15.2	30.8
Miner	3.6	0.0	0.0	0.0
Tradesman, labourer	32.1	33.3	33.3	7.7
Service worker	10.7	13.3	18.2	23.1
Armed forces	3.6	0.0	0.0	0.0
House duties	0.0	0.0	15.0	15.3
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.7. DC 32B. "Do you work now?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	39.3	26.7	45.5	23.1
No	46.4	66.7	48.5	69.2
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.8. ECO 103A. "What is your main source of income?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
One pension	25.0	20.0	6.1	38.5
Two pensions (eg inc spouse)	3.6	0.0	7.3	23.1
One pension and other	17.9	53.3	24.2	15.4
Two pensions and others	39.3	20.0	33.3	0.0
Pension and other benefits	0.0	0.0	3.0	15.4
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

## HEALTH STATUS

**A3.Table 12.9. H 34. "How would you rate your overall health at the present time?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Poor	3.6	0.0	6.1	8.3
Fair	50.0	46.7	60.6	61.5
Good	21.4	40.0	18.1	23.1
Excellent	10.7	6.6	9.1	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.10. H 35. "Is your health now better, about the same, or not as good as it was three years ago?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Not as good	28.6	26.7	54.6	46.2
Same	50.0	46.7	36.4	30.8
Better	7.1	20.0	3.0	15.4
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.11. H 36. "Do your health problems stand in the way of your doing the things you want to do?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
A great deal	39.3	40.0	51.5	61.5
A little	42.9	53.3	39.4	30.8
Not at all	3.6	0.0	3.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.12. H 37. "Would you say your health is better, about the same or not as**

**good as most people your age?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Not as good	0.0	13.3	15.2	7.7
Same	25.0	26.7	30.3	15.4
Better	60.7	53.3	48.4	69.2
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.13. H 38. "How many times did you see any type of doctor (not including while in hospital) during the past 12 months?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
>13 times	28.6	33.3	30.3	69.2
3-12 times	28.6	6.7	45.4	7.7
0-2 times	28.6	53.3	18.2	15.4
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.14. H 39. "How many days have you spent in hospital during the past 12 months?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
>22 days	7.1	0.0	9.1	0.0
1-21 days	0.0	0.0	6.1	7.7
0 days	78.6	93.3	75.7	84.6
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.15. H 40. "About how many days during the past 12 months have you been sick in bed all or most of the day?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

>14 days	3.6	0.0	3.0	0.0
1-14 days	10.7	6.7	18.2	15.4
0 days	71.4	86.7	72.7	76.9
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.16. H 41A. "How good is your eyesight (with glasses if used)?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Blind or partially blind	7.1	13.3	3.0	0.0
Good or adequate	78.6	80.0	90.9	92.3
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.17. H 41B. "How good is your hearing (with hearing aid if used)?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Deaf or partially deaf	10.7	6.7	0.0	7.7
Good or adequate	75.0	86.7	93.9	84.6
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.18. H 42A. "How good is your sense of smell?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Bad or partially bad	3.6	0.0	3.0	0.0
Good or adequate	82.1	93.3	90.9	92.3
No answer	14.3	6.7	6.1	7.7
Number of subjects	28	15	33	13

**A3.Table 12.19. H 42B. "How good is your sense of taste?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Bad or partially bad	0.0	0.0	3.0	0.0
Good or adequate	85.7	93.3	90.9	92.3
No answer	14.3	6.1	6.0	7.7
Number of subjects	28	15	33	13

**A3.Table 12.20. H 42C. Dysphagia by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	0.0	0.0	0.0	0.0
Sometimes	10.7	6.7	21.2	0.0
No	75.0	86.7	72.7	92.3
No answer	14.3	6.7	6.1	7.7
Number of subjects	28	15	33	13

**A3.Table 12.21. H 43YA. Have flushes of/after menopause by age group and gender.**

JPN-O	Women (%)	
	70 - 79	80+
Yes	12.1	46.1
No	81.8	46.1
No answer	6.1	7.7
Number of subjects	33	13

**A3.Table 12.22. H 43. "In the past year have you had the following?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Diabetes	10.7	0.0	6.1	7.7
High blood pressure	3.6	13.3	21.2	23.1
Heart trouble	7.1	0.0	12.1	0.0
Circulation problems	7.1	0.0	3.0	0.0
Been paralyzed	0.0	0.0	3.0	0.0
Any other effects of stroke	0.0	0.0	0.0	0.0
Arthritis, rheumatism	0.0	13.3	6.1	0.0

Stomach ulcer	21.4	6.7	3.0	7.7
Emphysema or asthma	7.1	0.0	0.0	0.0
Glaucoma	0.0	6.7	9.1	0.0
Cataracts	7.1	13.3	15.2	15.4
Tumor or growth, cancer	0.0	6.7	9.1	0.0
Liver trouble, jaundice	0.0	0.0	3.0	0.0
Gall bladder trouble	0.0	13.3	3.0	0.0
Kidney trouble	3.6	0.0	0.0	0.0
Bladder trouble	3.6	0.0	3.0	7.7
A broken hip	0.0	0.0	3.0	0.0
Other broken bones	14.3	40.0	9.1	23.1
Anaemia	0.0	0.0	9.1	15.4
Parkinson's disease	0.0	0.0	0.0	0.0
Trouble sleeping	3.6	0.0	0.0	7.7
Nervousness, tenseness	0.0	0.0	3.0	0.0
Prostrate problems	3.6	0.0	0.0	0.0
Osteoporosis	0.0	0.0	6.1	0.0
Urinary tract infection	3.6	0.0	0.0	0.0
Uric acid	3.6	0.0	3.0	0.0
Constipation	0.0	20.0	3.0	7.7
Stomach/intestine problems	10.7	0.0	3.0	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.23. H 43X. "How old were you when you had your first menstrual period?" by age group.**

JPN-O	Women (%)	
	70 - 79	80+
13	9.09	7.69
14	12.12	0.00
15	18.18	23.08
16	24.24	15.38
17	9.09	15.38
18	18.18	30.77
19	3.03	0.00
No answer	6.06	7.69
Number of subjects (n)	33	13

**A3.Table 12.24. H 43Y. "How old were you when your menstrual periods stopped"**



<b>(menopause)?" by age group.</b>		
<b>JPN-O</b>	<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>
40	0.00	7.69
41	3.03	0.00
42	3.03	0.00
43	0.00	7.69
44	0.00	0.00
45	15.15	7.69
46	0.00	0.00
47	0.00	0.00
48	15.15	0.00
49	3.03	0.00
50	21.21	7.69
51	0.00	7.69
52	12.12	7.69
53	3.03	7.69
54	3.03	7.69
55	9.09	30.77
56	3.03	0.00
57	0.00	0.00
58	3.03	0.00
No answer	6.06	7.69
Number of subjects (n)	33	13

**A3.Table 12.25. H 43Z. "How many times have you suffered from a cold or flu in the past year?" by age group.**

<b>JPN-O</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
0	67.9	73.3	54.5	61.5
1-2 times/year	14.3	20.0	36.4	30.8
3-5 times/year	3.6	0.0	3.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects	28	15	33	13

**A3.Table 12.26. H 44. "Do you take any of the following regularly?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cortisone pills/injections	0.0	0.0	0.0	0.0
Antibiotics	3.6	0.0	0.0	0.0
Tranquilizers/nerve med	0.0	0.0	0.0	7.7
Prescription sleeping pills	0.0	6.7	0.0	7.7
Hormones, male/female	0.0	0.0	0.0	0.0
Pills for anxiety/ depression	0.0	0.0	0.0	0.0
Drops/med for glaucoma	0.0	0.0	3.0	0.0
Muscle relaxant	14.3	6.7	6.1	7.7
Allergy	3.6	0.0	0.0	0.0
Constipation	0.0	6.7	0.0	15.4
Gout	3.6	0.0	0.0	0.0
Number of subjects (n)	28	15	33	13

**A3.Table 12.27. H 45. "Have you taken any herbal medicines or vitamins in the past year?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	10.7	0.0	36.4	15.4
No	75.0	93.3	57.6	76.9
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.28. H 46A. "Any arms missing/ handicapped?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	0.0	6.7	0.0	0.0
No	85.7	86.7	93.9	92.3
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.29. H 46B. "Any legs missing/ handicapped?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Yes	0.0	20.0	6.1	15.4
No	85.7	73.3	87.9	76.9
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.30. H 47. "Do you use any of the following aids?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cane	0.0	13.3	9.1	38.5
Walker	0.0	6.7	0.0	0.0
Wheelchair	0.0	0.0	0.0	0.0
Leg brace	14.3	6.7	6.1	7.7
Back brace	0.0	0.0	3.0	0.0
Hearing aid	10.7	6.7	0.0	0.0
Pacemaker	0.0	0.0	0.0	0.0
Colostomy	0.0	0.0	0.0	0.0
Geriatric chair	0.0	0.0	0.0	0.0
Glasses	71.4	73.3	72.7	84.6
Artificial limb	0.0	0.0	0.0	0.0
Dialysis machine	0.0	0.0	0.0	0.0
Number of subjects (n)	28	15	33	13

**A3.Table 12.31. WB 11. "Do you have difficulty with sleep?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	14.3	6.7	12.1	15.4
No	71.4	86.7	81.8	76.9
No answer	14.3	6.7	6.0	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.32. WB 12. "Do you find you are sleeping too much?" by age group and gender.**

JPN-O	Men (%)	Women (%)
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	70 - 79	80+	70 - 79	80+
Yes	10.7	20.0	6.0	0.0
No	75.0	73.3	87.9	92.3
No answer	14.3	6.7	6.0	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.33. WB 13. "Do you worry more than usual about little things?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	35.7	6.7	33.3	23.0
No	50.0	86.7	60.6	69.2
No answer	14.3	6.7	6.0	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.34. WB 14. "Have you lost interest in doing things you usually cared about or enjoyed?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	57.1	66.7	78.8	53.9
No	28.6	26.7	15.1	38.5
No answer	14.3	6.7	6.0	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.35. WB 15. "Have you ever felt so sad or depressed you thought you wanted to die?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	25.0	13.3	48.5	30.8
No	60.7	80.0	45.4	61.5
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.36. WB 16. "Do you feel tired most of the time?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	17.9	13.3	42.4	30.8
No	67.8	80.0	51.5	61.5
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.37. WB 17. "Do you forget where you left things more than you used to, or forget the names of close friends or relatives?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	10.7	6.7	9.1	23.0
No	75.0	86.7	84.8	69.2
No answer	14.3	6.7	6.0	7.7
Number of subjects	28	15	33	13

**A3.Table 12.38. WB 17A. "Are you happy and content with your every day life?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
No	100.0	100.0	96.8	91.7
Yes	0.0	0.0	3.2	8.3
Number of subjects (n)	24	14	31	12

**A3.Table 12.39. MA 7. "What year is it (now)?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Correct	85.7	93.3	93.9	84.6
Incorrect	0.0	0.0	0.0	7.7
No answer	14.3	6.7	6.0	7.7

Number of subjects	28	15	33	13
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**A3.Table 12.40. MA 8. "What month is it (now)?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Correct	85.7	93.3	93.9	84.6
Incorrect	0.0	0.0	0.0	7.7
No answer	14.3	6.7	6.0	7.7
Number of subjects	28	15	33	13

**A3.Table 12.41. MA 9. "What day or date of the month is it (now)?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Correct	82.1	86.7	90.9	76.9
Incorrect	3.6	6.7	3.0	15.4
No answer	14.3	6.7	6.0	7.7
Number of subjects	28	15	33	13

**A3.Table 12.42. MA 10. "What is your address?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Correct	85.7	93.3	93.9	92.3
Incorrect	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.0	7.7
Number of subjects	28	15	33	13

## DIETARY HABITS

**A3.Table 12.43. DH 74. "How do you usually cook or eat your vegetables?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Boiled	75.0	93.3	90.9	92.3
Steamed	7.1	0.0	21.2	15.4
Microwaved	10.7	0.0	12.1	0.0
Casseroled	82.1	93.3	87.9	92.3
Fried	32.1	73.3	54.6	46.2
Roasted, baked	71.4	80.0	87.8	92.3
Raw, salad	78.6	86.7	84.9	92.3
No answer	14.3	6.7	6.1	7.7
Number of subjects	28	15	33	13

**A3.Table 12.44. DH 75. "How do you usually cook or eat meat, fish or chicken?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Boiled	7.1	6.7	9.1	0.0
Steamed	7.1	0.0	0.0	7.7
Microwaved	0.0	0.0	3.0	0.0
Casseroled	75.0	93.3	87.9	69.2
Fried	46.4	66.7	45.5	46.2
Roasted, baked	75.0	73.3	81.8	76.9
Grilled	57.1	60.0	69.7	53.8
BBQ	3.6	6.7	3.0	7.7
No answer	14.3	6.7	6.1	7.7
Number of subjects	28	15	33	13

## FOOD INTAKES

**A3.Table 12.45. Descriptive statistics for cereal intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	247.2	210.9	60.6	59.3
SD	71.8	77.7	205.5	184.4
Minimum	77.8	106.2	77.7	91.3
5%	100.8	106.2	134.3	91.3
25%	199.2	138.2	171.2	156.5
50%	238.6	204.2	199.0	173.0
75%	299.1	286.1	229.8	208.7
95%	369.6	333.4	277.8	277.5
Maximum	380.8	340.0	420.6	306.1

**A3.Table 12.46. Descriptive statistics for potato intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	48.4	40.5	43.6	30.5
SD	50.0	36.6	30.5	36.6
Minimum	0.0	0.0	0.0	0.0
5%	0.0	0.0	0.0	0.0
25%	10.0	0.0	21.9	5.3
50%	36.7	23.3	40.0	26.7
75%	61.0	62.4	51.6	33.3
95%	124.7	96.7	107.7	54.0
Maximum	213.3	135.0	130.0	144.0

**A3.Table 12.47. Descriptive statistics for sugar and sweetener intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	8.5	16.3	13.9	6.1
SD	7.7	19.7	13.2	5.5
Minimum	0.0	0.0	0.0	1.0
5%	0.0	0.0	1.0	1.0



25%	2.5	6.0	3.7	3.2
50%	6.0	9.6	10.5	4.7
75%	10.8	14.8	16.7	5.3
95%	27.0	56.0	44.7	13.7
Maximum	28.3	72.0	51.3	22.1

**A3.Table 12.48. Descriptive statistics for confectionary intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	19.0	37.1	37.0	41.5
SD	26.3	36.6	37.7	36.3
Minimum	0.0	0.0	0.0	0.0
5%	0.0	0.0	0.0	0.0
25%	0.0	0.0	10.0	6.7
50%	6.7	18.3	26.7	40.0
75%	23.3	75.0	40.0	76.7
95%	80.0	100.0	116.7	85.0
Maximum	86.7	103.3	140.7	95.0

**A3.Table 12.49. Descriptive statistics for fat and oil intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	7.6	8.6	8.1	2.9
SD	7.3	10.4	7.0	2.7
Minimum	0.0	0.0	0.0	0.0
5%	0.0	0.0	1.0	0.0
25%	1.3	2.2	3.0	1.3
50%	3.0	4.7	5.3	1.7
75%	14.0	10.0	9.3	3.0
95%	20.0	32.4	23.5	6.3
Maximum	22.0	35.0	31.7	10.0

**A3.Table 12.50. Descriptive statistics for nut and seed intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	9.6	0.2	2.9	0.9
SD	27.3	0.5	13.1	1.8
Minimum	0.0	0.0	0.0	0.0
5%	0.0	0.0	0.0	0.0
25%	0.0	0.0	0.0	0.0
50%	0.0	0.0	0.0	0.0
75%	0.0	0.0	0.3	0.3
95%	94.8	1.0	6.8	5.0
Maximum	114.7	1.7	76.5	5.2

**A3.Table 12.51. Descriptive statistics for pulse (seaweed) intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	55.8	69.7	62.0	52.8
SD	57.1	38.6	47.2	47.9
Minimum	0.0	0.0	12.0	3.3
5%	5.5	0.0	12.0	3.3
25%	20.0	38.7	27.7	8.0
50%	41.3	68.0	49.3	34.7
75%	60.0	99.7	72.7	80.2
95%	167.0	132.7	130.0	113.7
Maximum	276.0	133.7	252.3	163.6

**A3.Table 12.52. Descriptive statistics for fish and shellfish intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	82.3	90.6	64.4	48.5

SD	60.3	46.0	43.0	14.8
Minimum	0.0	0.7	10.0	27.7
5%	0.0	0.7	13.7	27.7
25%	41.7	62.7	31.7	37.3
50%	63.3	86.7	52.0	46.7
75%	110.1	138.3	80.0	58.3
95%	225.0	150.3	170.0	73.3
Maximum	235.3	156.0	177.0	77.0

**A3.Table 12.53. Descriptive statistics for meat and meat product intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	28.7	42.4	30.6	26.6
SD	27.9	40.2	25.3	22.7
Minimum	0.0	0.0	0.0	0.0
5%	0.0	0.0	0.0	0.0
25%	0.0	0.0	14.0	6.7
50%	20.0	46.7	25.7	20.0
75%	45.0	65.0	40.0	46.7
95%	86.7	95.0	71.3	56.7
Maximum	100.0	136.7	128.3	65.7

**A3.Table 12.54. Descriptive statistics for egg intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	26.6	36.8	25.9	30.6
SD	23.9	26.9	19.6	21.3
Minimum	0.0	0.0	0.0	0.0
5%	0.0	0.0	2.6	0.0
25%	5.2	14.2	8.3	16.7
50%	17.9	43.3	24.1	31.2
75%	47.3	52.2	33.3	43.5
95%	67.9	60.2	70.0	52.5
Maximum	92.0	102.2	77.4	73.5

**A3.Table 12.55. Descriptive statistics for milk and dairy product intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	110.8	121.5	123.2	109.6
SD	128.7	92.8	92.7	84.1
Minimum	0.0	0.0	0.0	0.0
5%	0.0	0.0	0.0	0.0
25%	0.7	3.7	50.0	26.7
50%	62.3	133.3	130.0	100.0
75%	170.0	200.0	180.0	165.0
95%	333.3	227.2	306.7	206.7
Maximum	472.7	300.0	306.7	266.7

**A3.Table 12.56. Descriptive statistics for green and yellow vegetable intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	73.5	69.7	80.5	39.8
SD	63.4	50.4	61.6	33.8
Minimum	0.0	6.7	23.3	0.0
5%	0.0	6.7	26.3	0.0
25%	16.7	25.0	36.1	21.7
50%	63.3	57.0	46.9	31.7
75%	109.3	116.7	91.7	53.5
95%	177.0	155.3	248.2	89.3
Maximum	237.7	171.7	255.3	114.7

**A3.Table 12.57. Descriptive statistics for vegetables including fungi intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+

N	28	15	33	13
Mean	115.8	107.3	127.0	107.8
SD	86.7	68.1	66.0	41.3
Minimum	9.5	0.0	5.0	30.0
5%	11.4	0.0	11.4	30.0
25%	46.8	13.2	71.9	81.0
50%	103.7	107.7	133.2	106.0
75%	134.8	163.8	157.3	132.0
95%	278.7	193.0	207.5	164.4
Maximum	409.7	195.0	305.5	189.3

**A3.Table 12.58. Descriptive statistics for fruit intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	87.1	85.5	111.0	86.6
SD	79.8	42.9	88.0	60.3
Minimum	0.0	0.0	2.5	2.7
5%	0.0	0.0	3.3	2.7
25%	3.2	67.5	33.7	58.2
50%	92.2	88.6	105.6	77.0
75%	151.3	107.2	135.3	92.2
95%	222.0	143.3	281.8	188.4
Maximum	268.6	175.0	387.1	205.5

**A3.Table 12.59. Descriptive statistics for algae intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	3.3	3.2	3.7	4.4
SD	3.5	4.0	4.9	3.4
Minimum	0.0	0.0	0.0	0.0
5%	0.0	0.0	0.0	0.0
25%	0.7	0.5	0.6	1.8
50%	2.6	2.0	2.2	3.7
75%	4.0	4.0	3.7	7.0

95%	10.6	10.0	22.0	8.3
Maximum	15.0	14.7	22.0	12.2

**A3.Table 12.60. Descriptive statistics for beverage intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	463.0	387.5	418.3	468.2
SD	409.3	273.0	316.2	310.5
Minimum	0.0	0.0	0.0	55.0
5%	1.0	0.0	15.0	55.0
25%	222.0	158.9	252.0	153.3
50%	330.0	354.7	347.5	452.7
75%	585.0	469.2	484.0	725.7
95%	1588.7	934.7	998.7	870.0
Maximum	1736.0	1018.8	1650.0	1000.0

**A3.Table 12.61. Descriptive statistics for seasoning and spice intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	39.8	29.0	31.3	31.8
SD	30.4	15.9	12.4	16.2
Minimum	9.0	0.0	6.5	15.7
5%	13.5	0.0	11.2	15.7
25%	21.6	13.4	26.6	22.6
50%	27.2	32.1	30.2	25.7
75%	45.2	40.8	32.9	36.4
95%	125.8	43.5	53.7	53.1
Maximum	137.6	59.7	55.4	77.3

**A3.Table 12.62. Descriptive statistics for prepared food intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	2.6	3.4	0.3	0.0
SD	10.1	10.5	1.7	0.0
Minimum	0.0	0.0	0.0	0.0
5%	0.0	0.0	0.0	0.0
25%	0.0	0.0	0.0	0.0
50%	0.0	0.0	0.0	0.0
75%	0.0	0.0	0.0	0.0
95%	23.3	10.0	0.0	0.0
Maximum	50.0	41.7	10.0	0.0

**A3.Table 12.63. Descriptive statistics for number of different types of food eaten in a day by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	19.0	20.0	21.0	18.0
SD	5.0	6.0	4.0	5.0
Minimum	5.0	10.0	14.0	8.0
5%	8.0	10.0	15.0	8.0
25%	15.0	15.0	18.0	15.0
50%	19.0	21.0	21.0	18.0
75%	22.0	26.0	23.0	22.0
95%	26.0	27.0	27.0	25.0
Maximum	28.0	31.0	28.0	26.0

## NUTRIENT INTAKES & DENSITIES

**A3.Table 12.64. Descriptive statistics for energy intake (kJ/day) by age group and gender.**

JPN-O	Men	Women
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	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	7218	7352	6467	5342
SD	1635	1970	1481	1194
Minimum	3688	3819	4169	3586
5%	4293	3819	4385	3586
25%	6114	6468	5543	4567
50%	7092	6910	6455	5083
75%	8243	3505	6862	6362
95%	9610	10205	8508	6497
Maximum	9932	10633	11955	7963

**A3.Table 12.65. Descriptive statistics for protein intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	62.3	68.8	56.9	47.2
SD	15.9	18.7	12.6	8.6
Minimum	17.8	31.8	36.3	31.8
5%	37.8	31.8	40.7	31.8
25%	49.5	62.4	47.2	41.1
50%	62.6	70.5	53.0	47.1
75%	73.6	83.1	60.3	53.5
95%	83.2	85.2	79.4	60.0
Maximum	84.1	103.2	88.3	62.1

**A3.Table 12.66. Descriptive statistics for fat intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	41.3	44.6	37.1	29.4
SD	16.0	19.1	14.6	11.0
Minimum	8.5	14.1	15.3	13.5
5%	15.5	14.1	19.8	13.5
25%	28.4	35.6	28.4	19.1
50%	44.3	43.4	33.9	29.5



75%	52.7	52.7	39.4	36.6
95%	65.3	75.6	70.3	43.1
Maximum	74.9	92.9	90.7	50.5

**A3.Table 12.67. Descriptive statistics for carbohydrate intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	251.7	251.5	238.1	200.4
SD	64.9	66.6	63.3	44.7
Minimum	129.7	146.0	133.3	132.3
5%	139.8	146.0	154.4	132.3
25%	204.4	201.8	191.2	177.3
50%	263.5	247.3	223.2	195.9
75%	289.4	322.8	260.3	229.3
95%	354.9	342.1	325.2	234.2
Maximum	357.8	357.7	446.0	315.5

**A3.Table 12.68. Descriptive statistics for dietary fibre intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	10.84	9.76	10.52	8.26
SD	4.87	3.14	3.37	2.78
Minimum	1.11	3.03	5.60	4.18
5%	2.86	3.03	5.80	4.18
25%	7.49	8.52	8.26	5.65
50%	10.43	10.00	10.05	7.93
75%	13.82	12.01	11.67	11.04
95%	16.84	14.70	19.31	11.78
Maximum	26.35	15.44	21.35	11.98

**A3.Table 12.69. Descriptive statistics for calcium intake (mg/day) by age group and**

<b>gender.</b>				
<b>JPN-O</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	28	15	33	13
Mean	455	469	428	371
SD	213	118	176	153
Minimum	81	296	188	103
5%	128	296	204	103
25%	313	350	338	301
50%	425	477	387	396
75%	574	579	432	475
95%	806	638	868	580
Maximum	943	660	1022	606

**A3.Table 12.70. Descriptive statistics for phosphorus intake (mg/day) by age group and gender.**

<b>JPN-O</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	28	15	33	13
Mean	990	1073	914	773
SD	275	254	205	156
Minimum	342	617	584	468
5%	595	617	633	468
25%	813	860	760	678
50%	924	1100	894	734
75%	1213	1318	986	905
95%	1400	1416	1432	1010
Maximum	1463	1447	1503	1025

**A3.Table 12.71. Descriptive statistics for iron intake (mg/day) by age group and gender.**

<b>JPN-O</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	28	15	33	13
Mean	8.83	10.13	8.87	7.24
SD	2.72	3.59	2.11	1.98
Minimum	1.43	4.00	5.37	4.00

5%	5.23	4.00	5.67	4.00
25%	6.70	7.40	7.50	5.73
50%	8.87	9.90	8.27	7.00
75%	10.40	12.67	9.47	8.33
95%	13.43	15.60	13.73	10.33
Maximum	14.00	16.00	13.87	10.70

**A3.Table 12.72. Descriptive statistics for sodium intake (mg/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	4515	4334	4189	3906
SD	1345	1256	1226	1094
Minimum	1320	1165	1855	1869
5%	2491	1165	2024	1869
25%	3548	3697	3468	3040
50%	4446	4429	4138	3948
75%	5255	4940	4808	4883
95%	6913	5913	6617	5144
Maximum	7844	6667	6841	5846

**A3.Table 12.73. Descriptive statistics for potassium intake (mg/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	2266	2372	2163	1771
SD	685	641	552	461
Minimum	753	1040	1220	1113
5%	942	1040	1258	1113
25%	1879	1882	1822	1391
50%	2264	2455	2121	1548
75%	2800	2813	2301	2213
95%	3313	3131	3605	2338
Maximum	3355	3522	3866	2541

**A3.Table 12.74. Descriptive statistics for sodium chloride intake (g/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	10.8	11.0	10.1	9.3
SD	3.3	3.2	2.9	2.6
Minimum	1.7	2.8	4.7	4.9
5%	6.1	2.8	4.8	4.9
25%	8.6	9.2	8.2	6.6
50%	10.7	11.2	10.1	9.9
75%	13.3	12.5	11.7	11.0
95%	14.8	15.1	16.7	12.8
Maximum	17.1	17.0	16.8	13.0

**A3.Table 12.75. Descriptive statistics for thiamin intake (mg/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	0.88	0.95	0.78	0.65
SD	0.27	0.30	0.20	0.18
Minimum	0.19	0.35	0.41	0.40
5%	0.43	0.35	0.53	0.40
25%	0.74	0.76	0.65	0.51
50%	0.90	0.96	0.75	0.62
75%	1.00	1.18	0.81	0.78
95%	1.27	1.42	1.27	0.93
Maximum	1.67	1.45	1.31	0.99

**A3.Table 12.76. Descriptive statistics for riboflavin intake (mg/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13

Mean	1.07	1.30	1.04	0.91
SD	0.30	0.53	0.34	0.22
Minimum	0.56	0.63	0.56	0.50
5%	0.57	0.63	0.69	0.50
25%	0.89	0.72	0.77	0.76
50%	1.02	1.31	0.95	0.94
75%	1.28	1.72	1.10	1.11
95%	1.61	2.20	1.87	1.17
Maximum	1.65	2.42	1.96	1.23

**A3.Table 12.77. Descriptive statistics for vitamin C intake (mg/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	72.1	64.5	75.2	54.2
SD	41.4	26.9	32.4	20.2
Minimum	4.7	7.7	31.7	27.7
5%	6.0	7.7	32.3	27.7
25%	44.0	45.7	51.0	40.3
50%	69.5	71.7	72.3	49.3
75%	92.3	82.3	81.3	64.0
95%	146.3	104.0	143.7	85.3
Maximum	185.3	110.3	147.7	98.3

**A3.Table 12.78. Descriptive statistics for vitamin A intake (IU/day) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	1802	2594	1752	1162
SD	1485	1910	1430	548
Minimum	91	717	576	482
5%	408	717	626	482
25%	727	967	752	683
50%	1346	1915	1293	1092
75%	2189	3931	1822	1312

95%	5098	4491	4308	2017
Maximum	6674	8060	7334	2197

**A3.Table 12.79. Descriptive statistics for % energy intake from carbohydrate by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	64.3	61.9	63.5	64.8
SD	7.3	7.3	7.6	5.3
Minimum	50.2	50.8	44.3	56.1
5%	53.5	50.8	45.4	56.1
25%	59.5	55.0	59.4	60.6
50%	64.1	62.5	63.7	65.2
75%	67.7	68.1	67.1	67.4
95%	78.4	68.8	74.8	72.5
Maximum	86.3	76.4	75.7	75.1

**A3.Table 12.80. Descriptive statistics for % energy from fat intake by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	21.1	22.4	21.6	20.3
SD	6.1	5.9	6.3	4.7
Minimum	7.1	11.8	11.0	11.9
5%	9.1	11.8	11.1	11.9
25%	17.7	16.8	17.8	17.8
50%	20.9	24.0	21.5	19.8
75%	24.0	27.9	23.4	22.4
95%	32.3	29.2	35.7	26.9
Maximum	33.2	32.9	40.1	29.9

**A3.Table 12.81. Descriptive statistics for % energy from protein intake by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	14.5	15.7	14.9	15.0
SD	2.7	2.4	2.3	1.7
Minimum	6.6	11.8	11.7	11.3
5%	11.2	11.8	11.9	11.3
25%	13.3	13.6	12.9	14.0
50%	14.1	15.1	14.5	15.3
75%	15.5	17.3	15.7	15.9
95%	19.1	19.9	19.0	17.3
Maximum	20.9	20.1	20.3	17.6

**A3.Table 12.82. Descriptive statistics for % energy from alcohol intake by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	5.6	2.6	0.9	0.8
SD	11.1	4.5	2.5	2.7
Minimum	0.0	0.0	0.0	0.0
5%	0.0	0.0	0.0	0.0
25%	0.0	0.0	0.0	0.0
50%	0.0	0.0	0.0	0.0
75%	5.3	4.3	0.0	0.0
95%	31.6	9.1	6.0	0.0
Maximum	46.7	15.8	13.1	10.3

**A3.Table 12.83. Descriptive statistics for percent of fat from animals by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	46.5	49.0	44.8	54.4
SD	15.6	11.2	11.3	16.8
Minimum	12.2	32.3	24.7	28.7
5%	14.6	32.3	26.0	28.7

25%	35.8	39.2	37.9	42.4
50%	45.8	45.2	46.9	50.5
75%	56.7	60.4	50.3	62.4
95%	71.7	65.9	63.6	83.4
Maximum	79.3	65.9	64.8	86.3

**A3.Table 12.84. Descriptive statistics for percent of protein from animals by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	43.7	48.0	45.0	43.4
SD	13.7	11.4	10.9	8.9
Minimum	7.7	14.6	26.8	24.6
5%	13.0	14.6	27.2	24.6
25%	35.5	42.4	35.0	40.6
50%	45.2	50.9	47.8	43.3
75%	54.0	53.8	50.4	49.7
95%	71.1	58.1	62.4	54.6
Maximum	71.1	67.1	68.4	56.1

**A3.Table 12.85. Descriptive statistics for phosphorus/calcium ratios by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	1.9	1.8	1.7	1.7
SD	0.6	0.4	0.4	0.8
Minimum	0.7	1.0	1.1	1.1
5%	1.0	1.0	1.1	1.1
25%	1.5	1.4	1.4	1.3
50%	1.7	1.9	1.6	1.5
75%	2.0	2.0	1.9	1.8
95%	3.1	2.1	2.4	2.4
Maximum	3.7	2.6	2.5	4.3



**A3.Table 12.86. Descriptive statistics for potassium/sodium ratios by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	0.5	0.6	0.6	0.5
SD	0.2	0.2	0.2	0.2
Minimum	0.1	0.4	0.3	0.3
5%	0.3	0.4	0.3	0.3
25%	0.4	0.4	0.4	0.4
50%	0.6	0.6	0.5	0.5
75%	0.6	0.7	0.7	0.6
95%	0.8	0.7	0.8	0.7
Maximum	0.9	1.1	1.0	0.8

**A3.Table 12.87. Descriptive statistics for saturated/polyunsaturated fatty acid ratios(SFAs/PUFAs) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	1.0	1.1	0.9	1.3
SD	0.4	0.4	0.3	0.6
Minimum	0.4	0.7	0.4	0.8
5%	0.5	0.7	0.5	0.8
25%	0.7	0.8	0.7	1.0
50%	0.9	1.0	0.8	1.1
75%	1.2	1.3	1.0	1.5
95%	1.6	1.6	1.5	1.8
Maximum	2.2	1.9	1.5	2.9

**A3.Table 12.88. Descriptive statistics for dietary fibre intake (g/day) from cereals by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	2.78	2.13	2.07	1.73

SD	1.41	1.13	0.91	0.66
Minimum	0.09	0.74	0.53	0.64
5%	0.17	0.74	0.94	0.64
25%	1.87	1.07	1.48	1.38
50%	2.80	2.02	1.85	1.63
75%	3.27	2.51	2.27	2.13
95%	6.07	3.82	3.41	2.74
Maximum	6.24	5.15	4.88	2.97

**A3.Table 12.89. Descriptive statistics for dietary fibre intake (g/day) from potatoes by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	0.77	0.63	0.84	0.64
SD	0.91	0.56	0.60	0.78
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.17	0.00
25%	0.17	0.23	0.41	0.09
50%	0.51	0.38	0.65	0.49
75%	0.89	0.80	1.09	0.75
95%	1.91	1.72	2.21	1.61
Maximum	4.52	1.76	2.51	2.89

**A3.Table 12.90. Descriptive statistics for dietary fibre intake (g/day) from sugars and sweeteners by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	0.00	0.00	0.00	0.00
SD	0.00	0.01	0.00	0.00
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	0.00	0.00	0.00
95%	0.00	0.02	0.00	0.00

Maximum	0.01	0.03	0.02	0.00
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**A3.Table 12.91. Descriptive statistics for dietary fibre intake (g/day) from nuts and seeds by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	0.38	0.03	0.08	0.10
SD	0.95	0.05	0.25	0.20
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.17	0.04	0.02	0.04
95%	2.90	0.12	0.39	0.50
Maximum	4.25	0.19	1.41	0.60

**A3.Table 12.92. Descriptive statistics for dietary fibre intake (g/day) from pulses by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	1.75	2.39	2.05	1.80
SD	1.17	1.40	1.19	1.20
Minimum	0.00	0.93	0.30	0.21
5%	0.07	0.93	0.33	0.21
25%	1.12	1.15	1.37	0.49
50%	1.52	1.88	1.65	1.70
75%	2.08	3.60	2.29	2.43
95%	3.43	5.02	4.94	3.38
Maximum	6.16	5.03	5.13	4.18

**A3.Table 12.93. Descriptive statistics for dietary fibre intake (g/day) from fish and shellfish by age group and gender.**

JPN-O	Men	Women
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	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	0.15	0.13	0.14	0.10
SD	0.16	0.14	0.15	0.13
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.07	0.06	0.09	0.06
75%	0.26	0.22	0.17	0.15
95%	0.46	0.34	0.46	0.21
Maximum	0.52	0.44	0.52	0.48

**A3.Table 12.94. Descriptive statistics for dietary fibre intake (g/day) from meat and meat products by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	0.00	0.01	0.00	0.01
SD	0.01	0.02	0.01	0.02
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	0.02	0.00	0.01
95%	0.03	0.05	0.01	0.04
Maximum	0.03	0.06	0.03	0.05

**A3.Table 12.95. Descriptive statistics for dietary fibre intake (g/day) from eggs by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	0.03	0.03	0.03	0.03
SD	0.02	0.02	0.02	0.02
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.01	0.01	0.01	0.02

50%	0.02	0.04	0.02	0.03
75%	0.04	0.05	0.03	0.04
95%	0.07	0.06	0.07	0.05
Maximum	0.09	0.07	0.08	0.07

**A3.Table 12.96. Descriptive statistics for dietary fibre intake (g/day) from milk and milk products by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	0.01	0.00	0.01	0.00
SD	0.02	0.01	0.03	0.00
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.02	0.00	0.00	0.00
95%	0.07	0.02	0.10	0.00
Maximum	0.07	0.03	0.17	0.00

**A3.Table 12.97. Descriptive statistics for dietary fibre intake (g/day) from vegetables by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	2.65	2.56	3.02	1.78
SD	1.88	1.80	1.89	0.99
Minimum	0.13	0.20	0.58	0.53
5%	0.14	0.20	0.81	0.53
25%	1.40	1.25	2.06	0.71
50%	2.50	2.49	2.68	2.17
75%	3.28	3.32	3.23	2.68
95%	7.84	5.26	7.65	3.02
Maximum	8.08	7.24	10.47	3.12

**A3.Table 12.98. Descriptive statistics for dietary fibre intake (g/day) from fungi by age**

<b>group and gender.</b>				
<b>JPN-O</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	28	15	33	13
Mean	0.55	0.26	0.51	0.16
SD	0.98	0.52	0.70	0.19
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.07	0.00	0.26	0.00
75%	0.87	0.29	0.58	0.29
95%	1.70	0.92	2.56	0.43
Maximum	4.87	2.00	2.68	0.59

**A3.Table 12.99. Descriptive statistics for dietary fibre intake (g/day) from fruit by age group and gender.**

<b>JPN-O</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	28	15	33	13
Mean	0.82	1.05	1.06	0.79
SD	0.85	0.61	0.95	0.80
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.04	0.00
25%	0.00	0.47	0.39	0.39
50%	0.48	1.09	0.91	0.56
75%	1.33	1.48	1.31	0.77
95%	2.69	2.04	2.74	2.39
Maximum	2.81	2.13	4.70	2.62

**A3.Table 12.100. Descriptive statistics for dietary fibre intake (g/day) from algae by age group and gender.**

<b>JPN-O</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	28	15	33	13
Mean	0.66	0.37	0.51	0.87
SD	0.61	0.40	0.59	0.99
Minimum	0.00	0.00	0.00	0.00

5%	0.00	0.00	0.00	0.00
25%	0.13	0.06	0.06	0.00
50%	0.49	0.26	0.25	0.51
75%	1.01	0.51	0.51	1.27
95%	1.84	1.01	1.76	2.28
Maximum	2.32	1.52	2.03	3.17

## ANTHROPOMETRY

**A3.Table 12.101. Descriptive statistics for stature (cm) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	159	158	147	141
SD	6	6	6	5
Minimum	148	145	133	131
5%	150	145	136	131
25%	152	155	144	140
50%	158	159	147	142
75%	163	162	150	143
95%	168	164	158	148
Maximum	170	170	160	152

**A3.Table 12.102. Descriptive statistics for weight (kg) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	55	55	48	43
SD	9	9	9	6
Minimum	40	45	32	34
5%	40	45	35	34
25%	47	46	40	38
50%	53	53	48	44
75%	62	60	54	46

95%	70	75	62	50
Maximum	72	75	68	58

**A3.Table 12.103. Descriptive statistics for body mass index (kg/m<sup>2</sup>) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	21.88	21.84	22.09	21.65
SD	3.48	3.70	3.33	3.58
Minimum	14.69	17.15	15.76	17.10
5%	15.82	17.15	16.44	17.10
25%	19.05	17.97	19.56	18.71
50%	22.14	22.55	22.98	19.91
75%	24.14	24.44	23.61	25.51
95%	26.84	25.21	27.96	26.34
Maximum	29.22	30.82	29.82	26.48

**A3.Table 12.104. Descriptive statistics for waist/ hip ratio by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	0.90	0.91	0.85	0.84
SD	0.06	0.08	0.07	0.10
Minimum	0.79	0.75	0.71	0.73
5%	0.79	0.75	0.74	0.73
25%	0.86	0.86	0.80	0.74
50%	0.89	0.92	0.86	0.88
75%	0.93	0.97	0.88	0.89
95%	0.99	0.99	0.99	0.99
Maximum	1.02	1.07	1.00	1.02

**A3.Table 12.105. Descriptive statistics for hip circumference (cm) by age group and gender.**

JPN-O	Men	Women
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	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	82	91	92	87
SD	7	6	6	7
Minimum	81	81	78	80
5%	83	81	82	80
25%	85	85	89	82
50%	91	93	92	83
75%	95	96	95	91
95%	102	100	104	95
Maximum	110	102	104	103

**A3.Table 12.106. Descriptive statistics for waist circumference (cm) by age group and gender.**

JPN-O	Men		Women	
	70 - 79	80+	70 - 79	80+
N	28	15	33	13
Mean	82	84	78	73
SD	9	11	9	12
Minimum	67	61	61	60
5%	68	61	64	60
25%	76	76	71	62
50%	82	80	79	72
75%	88	91	83	85
95%	97	109	92	90
Maximum	100	109	96	92

## SOCIAL & LIFESTYLE FACTORS

**A3.Table 12.107. DC 31A. "Do you live alone?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	14.3	40.0	21.2	30.8

No	71.4	53.3	72.7	61.5
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.108. DC 31BP. "Does your spouse/partner live here?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	53.6	26.7	57.6	7.7
No	32.1	66.6	36.4	84.6
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.109. DC 31BC. "How many of your children live here?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
0	46.4	66.7	57.6	30.5
1	10.7	0.0	6.1	15.4
2	25.0	26.7	27.3	46.2
3	3.6	0.0	3.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.110. DC 31BG. "How many of your grandchildren live here?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
0	57.1	73.3	66.7	38.5
1	3.6	0.0	0.0	23.1
2	21.4	13.3	21.2	23.1
3	0.0	6.7	3.0	7.7
4	3.6	0.0	3.0	0.0
No answer	14.3	6.7	6.1	7.7

Number of subjects (n)	28	15	33	13
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**A3.Table 12.111. DC 31BGA. "How old is the youngest grandchild that lives here?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
< 6 years	0.0	6.7	3.0	0.0
6-12 years	3.6	6.7	6.1	7.7
12-18 years	17.9	0.0	6.1	7.7
> 18 years	7.1	6.7	12.1	38.5
None	57.1	73.3	66.7	38.5
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.112. DC 31BO. "How many other people live here?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
0	78.6	80.0	84.9	69.2
1	0.0	0.0	0.0	15.4
2	3.6	0.0	6.1	0.0
3	3.6	13.3	0.0	7.7
4	0.0	0.0	3.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.113. SAR 92A. "In the past year, how often have you gone to a senior centre?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	28.6	33.3	42.4	53.9
3 times/year or less	35.6	13.3	27.3	7.7
4-10 times/year	14.3	13.3	9.1	23.1
1 time/month	0.0	13.3	3.0	7.7
2-3 times/month	3.6	13.3	12.1	0.0

1 time/week	3.6	0.0	0.0	0.0
2-4 times/week	0.0	6.7	0.0	0.0
5 times/week or more	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.114. SAR 92B. "In the past year, how often have you gone to pray at a temple or shrine?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	60.7	666.7	42.4	46.2
3 times/year or less	7.1	26.6	15.2	15.4
4-10 times/year	10.7	0.0	12.1	7.7
1 time/month	0.0	0.0	12.1	15.4
2-3 times/month	7.1	0.0	9.1	7.7
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	0.0	0.0	0.0	0.0
5 times/week	0.0	0.0	3.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.115. SAR 92C. "In the past year, how often have you gone to meetings of a church group or other groups or clubs?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	78.6	86.7	78.8	76.9
3 times/year or less	0.0	0.0	3.0	0.0
4-10 times/year	3.6	0.0	0.0	7.7
1 time/month	0.0	0.0	9.1	0.0
2-3 times/month	3.6	6.7	3.0	7.7
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	0.0	0.0	0.0	0.0
5 times/week	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.116. SAR 92D. "In the past year, how often have you gone to movies, theatre, concerts or lectures?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	57.1	80.0	54.6	61.5
3 times/year or less	17.9	0.0	22.6	7.7
4-10 times/year	7.1	6.7	12.1	7.7
1 time/month	3.6	0.0	3.0	15.4
2-3 times/month	0.0	6.7	3.0	0.0
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	0.0	0.0	0.0	0.0
5 times/week	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.117. SAR 92E. "In the past year, how often have you gone to a sporting event?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	67.9	93.3	87.9	92.3
3 times/year or less	7.1	0.0	0.0	0.0
4-10 times/year	10.7	0.0	0.0	0.0
1 time/month	0.0	0.0	0.0	0.0
2-3 times/month	0.0	0.0	0.0	0.0
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	0.0	0.0	6.1	0.0
5 times/week	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.118. SAR 92F. "In the past year, how often have you participated in a sport like swimming, fishing, hunting, bicycling, golf?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	67.9	86.7	84.9	92.3

3 times/year or less	0.0	0.0	6.1	0.0
4-10 times/year	0.0	6.7	0.0	0.0
1 time/month	3.6	0.0	0.0	0.0
2-3 times/month	0.0	0.0	3.0	0.0
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	7.1	0.0	0.0	0.0
5 times/week	7.1	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.119. SAR 92G. "In the past year, how often have you played cards, bingo, pool or some other game?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	82.1	93.3	93.9	92.3
3 times/year or less	0.0	0.0	0.0	0.0
4-10 times/year	0.0	0.0	0.0	0.0
1 time/month	3.6	0.0	0.0	0.0
2-3 times/month	0.0	0.0	0.0	0.0
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	0.0	0.0	0.0	0.0
5 times/week	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.120. SAR 92H. "In the past year, how often have you taken care of houseplants or done outdoor gardening?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	60.7	33.3	51.5	69.2
3 times/year or less	0.0	0.0	0.0	0.0
4-10 times/year	0.0	6.7	0.0	0.0
1 time/month	0.0	0.0	0.0	0.0
2-3 times/month	3.6	13.3	0.0	0.0
1 time/week	3.6	0.0	3.0	0.0
2-4 times/week	3.6	13.3	6.1	7.7
5 times/week	14.3	26.7	33.3	15.4

No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.121. SAR 92I. "In the past year, how often have you worked on a hobby, or handwork like sewing, knitting, or woodworking?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	78.6	86.7	69.7	76.9
3 times/year or less	0.0	0.0	6.1	0.0
4-10 times/year	0.0	0.0	0.0	0.0
1 time/month	0.0	6.7	6.1	0.0
2-3 times/month	3.6	0.0	3.0	0.0
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	0.0	0.0	3.0	0.0
5 times/week	3.6	0.0	6.1	15.4
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.122. SAR 92J. "In the past year, how often have you painted pictures or played a musical instrument?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	82.1	86.7	90.9	84.6
3 times/year or less	0.0	0.0	0.0	0.0
4-10 times/year	0.0	0.0	0.0	0.0
1 time/month	0.0	0.0	0.0	0.0
2-3 times/month	0.0	0.0	0.0	7.7
1 time/week	0.0	6.7	3.0	0.0
2-4 times/week	3.6	0.0	0.0	0.0
5 times/week	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.123. SAR 92K. "In the past year, how often have you eaten out at a restaurant for a special occasion with friends?" by age group and**

<b>gender.</b>				
<b>JPN-O</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Never	67.9	66.7	63.6	76.9
3 times/year or less	10.7	13.3	9.1	0.0
4-10 times/year	0.0	0.0	6.1	0.0
1 time/month	3.6	13.3	9.1	0.0
2-3 times/month	3.6	0.0	6.1	15.4
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	0.0	0.0	0.0	0.0
5 times/week	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.124. SAR 92L. "In the past year, how often have you baby-sat for grandchildren or other children?" by age group and gender.**

<b>JPN-O</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Never	78.6	86.7	81.8	84.6
3 times/year or less	0.0	0.0	3.0	0.0
4-10 times/year	3.6	0.0	0.0	0.0
1 time/month	0.0	0.0	0.0	0.0
2-3 times/month	0.0	0.0	0.0	0.0
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	0.0	0.0	6.1	0.0
5 times/week	3.6	6.7	3.0	7.7
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.125. SAR 92M. "In the past year, how often have you left home to go a short distance for overnight or longer e.g. to stay at a friend's house, stay with your child?" by age group and gender.**

<b>JPN-O</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Never	64.3	80.0	66.7	76.9
3 times/year or less	14.3	13.3	21.2	15.4
4-10 times/year	7.1	0.0	3.0	0.0



1 time/month	0.0	0.0	3.0	0.0
2-3 times/month	0.0	0.0	0.0	0.0
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	0.0	0.0	0.0	0.0
5 times/week	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.126. SAR 92N. "In the past year, how often have you gone out of town (long distance) for a holiday?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	25.0	40.0	33.3	53.9
<3 times/year or less	39.3	26.7	27.3	23.0
4-10 times/year	21.4	26.7	33.3	15.4
1 time/month	0.0	0.0	0.0	0.0
2-3 times/month	0.0	0.0	0.0	0.0
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	0.0	0.0	0.0	0.0
5 times/week	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects	28	15	33	13

**A3.Table 12.127. SAR 92O. "In the past year, how often have you met up with friends at a coffee shop or pub?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	57.1	80.0	78.8	76.9
3 times/year or less	7.1	0.0	9.1	0.0
4-10 times/year	0.0	0.0	0.0	0.0
1 time/month	10.7	6.7	3.0	7.7
2-3 times/month	3.6	0.0	3.0	7.7
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	3.6	0.0	0.0	0.0
5 times/week	3.6	6.7	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.128. SAR 92P. "In the past year, how often have you done volunteer work?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	71.4	86.7	87.9	92.3
3 times/year or less	0.0	0.0	3.0	0.0
4-10 times/year	0.0	0.0	0.0	0.0
1 time/month	10.7	0.0	0.0	0.0
2-3 times/month	3.6	6.7	3.0	0.0
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	0.0	0.0	0.0	0.0
5 times/week	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.129. SAR 92Q. "In the past year, how often have you done farm work?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	64.3	80.0	57.6	61.5
3 times/year or less	0.0	0.0	0.0	0.0
4-10 times/year	0.0	0.0	0.0	0.0
1 time/month	3.6	6.7	0.0	0.0
2-3 times/month	3.6	0.0	0.0	7.7
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	0.0	6.7	15.2	0.0
5 times/week	14.3	0.0	21.2	23.1
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.130. SAR 92R. "In the past year, how often have you watched TV or listened to the radio?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Never	0.0	0.0	0.0	0.0
3 times/year or less	0.0	6.7	0.0	0.0
4-10 times/year	0.0	0.0	0.0	0.0
1 time/month	0.0	0.0	0.0	0.0
2-3 times/month	0.0	0.0	0.0	0.0
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	3.6	13.3	9.1	0.0
5 times/week	82.1	73.3	84.9	92.3
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.131. SAR 92S. "In the past year, how often have you gone to a dance?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	85.7	93.3	93.9	92.3
3 times/year or less	0.0	0.0	0.0	0.0
4-10 times/year	0.0	0.0	0.0	0.0
1 time/month	0.0	0.0	0.0	0.0
2-3 times/month	0.0	0.0	0.0	0.0
1 time/week	0.0	0.0	0.0	0.0
2-4 times/week	0.0	0.0	0.0	0.0
5 times/week	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.132. SAR 92T. "In the past year, how often have you looked after animals/pets?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	67.9	86.7	75.8	69.2
3 times/year or less	0.0	0.0	0.0	0.0
4-10 times/year	0.0	0.0	0.0	0.0
1 time/month	0.0	0.0	0.0	0.0
2-3 times/month	0.0	0.0	0.0	0.0
1 time/week	0.0	0.0	3.0	0.0
2-4 times/week	0.0	0.0	0.0	7.7

5 times/week	17.9	6.7	15.2	15.4
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.133. SAR 92U. "In the past year, how often have you spent time reading?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	14.3	33.3	51.5	38.5
3 times/year or less	0.0	0.0	0.0	0.0
4-10 times/year	0.0	0.0	0.0	0.0
1 time/month	0.0	0.0	0.0	0.0
2-3 times/month	3.6	0.0	0.0	0.0
1 time/week	3.6	0.0	6.1	0.0
2-4 times/week	0.0	6.7	3.0	15.4
5 times/week	64.3	53.3	33.3	38.5
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.134. SAR 93. "Is there anyone in particular in whom you confide or talk to about your problems?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
No	21.4	13.3	6.1	7.7
Yes	64.3	80.0	87.9	84.6
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.135. SAR 94. "Do you have any living children?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
No	50.0	60.0	57.6	30.8
Yes	35.7	33.3	36.4	61.5
No answer	14.3	6.7	6.1	7.7

Number of subjects (n)	28	15	33	13
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**A3.Table 12.136. SAR 95. "Do you have any living brothers or sisters?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
No	85.7	93.3	93.9	92.3
Yes	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.137. SAR 96. "Are there any other relatives to whom you feel very close?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
No	3.6	6.7	12.1	0.0
Yes	82.1	86.7	81.8	92.3
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.138. SAR 97A. "About how often do you receive visits from close family or friends?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	0.0	0.0	0.0	15.4
Rarely	39.3	33.3	36.4	30.8
Monthly	7.1	20.0	24.2	15.4
Weekly	28.6	20.0	12.1	7.7
Daily	10.7	20.0	21.2	23.1
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.139. SAR 97B. "About how often do you visit close family or friends?" by**

<b>age group and gender.</b>				
<b>JPN-O</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Never	14.3	13.3	12.1	38.5
Rarely	50.0	46.7	48.5	30.8
Monthly	10.7	20.0	24.2	15.4
Weekly	3.6	13.3	3.0	0.0
Daily	7.1	0.0	6.1	7.7
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.140. SAR 97C. "How often do you speak to family or friends on the telephone?" by age group and gender.**

<b>JPN-O</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Never	7.1	26.7	3.0	15.4
Rarely	46.4	53.3	45.5	46.2
Monthly	17.9	0.0	18.2	7.7
Weekly	10.7	13.3	27.3	7.7
Daily	3.6	0.0	0.0	15.4
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.141. SAR 97D. "How often do you write letters to family or friends?" by age group and gender.**

<b>JPN-O</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Never	50.0	66.7	60.6	69.2
Rarely	28.6	20.0	27.3	23.1
Monthly	7.1	6.7	6.1	0.0
Weekly	0.0	0.0	0.0	0.0
Daily	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.142. SAR 98. "Would you stay with family or friends if you were sick, for a short while?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	75.0	86.7	78.8	84.6
No	10.7	6.7	15.2	7.7
No answer	14.3	6.7	6.1	7.7
Number of subjects	28	15	33	13

**A3.Table 12.143. SAR 100. "Do you have friends or neighbors that would help you if you were sick, for a short while?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
No	75.0	86.7	75.8	61.5
Yes	10.7	6.7	18.2	30.8
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.144. SAR 101. "Do you feel lonely?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Very often	0.0	0.0	6.1	0.0
Sometimes	10.7	26.7	18.1	15.4
Rarely	25.0	20.0	15.2	30.8
Never	50.0	46.7	54.6	46.2
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.145. SAR 102. "Do you believe your children and grandchildren respect and acknowledge you?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	0.0	6.7	6.1	0.0
Sometimes	10.7	13.3	3.0	7.7

Most of the time	25.0	26.7	33.3	30.8
Always	46.4	46.7	45.5	38.5
No answer	17.9	6.7	12.1	23.1
Number of subjects (n)	28	15	33	13

**A3.Table 12.146. Alcohol- drink fortnightly by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	46.4	46.7	27.3	7.7
No	39.3	46.7	66.7	84.6
No answer	14.3	6.7	6.0	7.7
Number of subjects	28	15	33	13

**A3.Table 12.147. Alcohol - If yes, kinds of alcoholic drinks taken by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Sake	38.5	28.6	22.2	100.0
Sake/beer	46.2	57.1	22.2	0.0
Miscellaneous	15.3	14.3	55.6	0.0
Number of subjects	13	7	9	1

**A3.Table 12.148. "Do you think alcohol is good for one's health?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	64.3	73.3	75.8	53.9
No	21.4	20.0	18.2	38.5
No answer	14.3	6.7	6.0	7.7
Number of subjects	28	15	33	13

**A3.Table 12.149. EX 84. "About how often do you go out of this house/ building in good weather?" by age group and gender.**



JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	0.0	0.0	0.0	0.0
<once a month	0.0	0.0	0.0	7.7
2 or 3 days a month	0.0	0.0	3.0	0.0
Once a week	0.0	13.3	3.0	0.0
2-4 days a week	7.1	0.0	18.2	7.7
>5 days a week	78.6	80.0	69.7	76.9
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.150. EX 85A. "Do you have a vehicle to use or any other form of transport?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	75.0	60.0	48.5	7.7
No	10.7	33.3	45.5	84.6
No answer	14.3	6.7	6.1	7.7
Number of subjects	28	15	33	13

**A3.Table 12.151. EX 86SC. Exercise score by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
1 inactive	3.6	0.0	0.0	7.7
2	3.6	13.3	6.1	0.0
3	10.7	0.0	18.2	15.4
4 active	32.1	46.7	24.2	30.8
5	17.9	20.0	24.2	23.1
6	7.1	13.3	21.2	7.7
7 very active	10.7	0.0	0.0	7.7
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.152. EX 86A. "How many minutes daily do you spend walking?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
0	35.7	20.0	51.5	7.7
10	0.0	6.7	0.0	0.0
15	0.0	0.0	0.0	7.7
20	3.6	13.3	3.0	7.7
30	3.6	13.3	12.1	23.1
40	7.1	0.0	9.1	0.0
60	17.9	33.3	18.2	30.8
90	0.0	0.0	0.0	7.7
120	14.3	6.7	0.0	7.7
200	3.6	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.153. EX 86B. "How many minutes daily do you spend doing light house work (eg wash dishes, dust) etc. by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
0	42.9	46.7	12.1	15.4
10	3.6	0.0	0.0	0.0
20	3.6	0.0	3.0	0.0
30	10.7	20.0	21.2	23.1
40	3.6	6.7	9.1	0.0
60	21.4	20.0	15.2	30.7
90	0.0	0.0	9.1	7.7
120	0.0	0.0	18.2	7.7
150	0.0	0.0	0.0	7.7
180	3.6	0.0	6.1	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.154. EX 86C. "How many minutes daily do you spend doing heavy housework (eg mop the floor)?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
0	78.6	93.3	84.9	92.3

10	0.0	0.0	3.0	0.0
20	3.6	0.0	3.0	0.0
30	3.6	0.0	0.0	0.0
60	0.0	0.0	3.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.155. EX 86D. "How many minutes daily do you spend doing farmwork (eg pick fruit, dig soil, or other strenuous activity)?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
0	71.4	86.7	69.7	84.6
30	0.0	0.0	3.0	0.0
60	0.0	0.0	3.0	0.0
120	3.6	6.7	3.0	0.0
180	3.6	0.0	6.1	0.0
240	3.6	0.0	3.0	7.7
300	3.6	0.0	3.0	0.0
360	0.0	0.0	3.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.156. EX 86E. "How many minutes daily do you spend gardening?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
0	64.3	66.7	57.6	69.2
5	7.1	0.0	0.0	7.7
10	0.0	0.0	3.0	0.0
30	3.6	6.7	9.1	0.0
40	0.0	6.7	0.0	0.0
60	7.1	13.3	18.2	7.7
120	7.1	0.0	3.0	7.7
180	0.0	0.0	3.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.157. EX 86F. "How many minutes daily do you spend pottering?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
0	82.1	93.3	93.9	92.3
240	3.6	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.158. EX 86G. "How many minutes daily do you spend tending animals/pets?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
0	75.0	86.7	81.8	76.9
5	0.0	0.0	3.0	7.7
10	0.0	6.7	6.1	0.0
15	3.6	0.0	0.0	0.0
20	0.0	0.0	3.0	0.0
60	3.6	0.0	0.0	7.7
120	7.1	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7

**A3.Table 12.159. SL 89A. "What time do you normally go to bed?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
6 PM	0.0	6.7	0.0	0.0
7 PM	7.1	6.7	0.0	7.7
8 PM	7.1	0.0	9.1	7.7
9 PM	21.4	40.0	21.2	46.2
10 PM	17.9	33.3	36.4	23.1
11 PM	21.4	0.0	27.3	7.7
12 PM	10.7	6.7	0.0	0.0
No answer	14.3	6.7	6.1	7.7

Number of subjects (n)	28	15	33	13
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**A3.Table 12.160. SL 89B. "What time do you normally get up from bed?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
3AM	3.6	6.7	0.0	0.0
4AM	3.6	0.0	3.0	0.0
5AM	35.7	13.3	36.4	23.1
6 AM	14.3	20.0	36.4	46.2
7 AM	21.4	26.7	18.2	15.4
8AM	7.1	20.0	0.0	7.7
9AM	0.0	6.7	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.161. SL 89C. "On average, how many hours sleep do you get each night?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
5 hours	0.0	0.0	3.0	0.0
6 hours	10.7	6.7	15.2	38.5
7 hours	25.0	6.7	42.4	15.4
8 hours	46.4	33.3	27.3	7.7
9 hours	3.6	20.0	6.1	15.4
10 hours	0.0	26.7	0.0	7.7
11 hours	0.0	0.0	0.0	7.7
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.162. SL 89D. "Do you have a nap during the day?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	42.9	33.3	33.3	46.2

No	42.9	60.0	60.6	46.2
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.163. SL 90A. "Have you ever smoked regularly, at least one cigarette/cigar/ pipe per day?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Smoke regularly	50.0	26.7	9.1	0.0
Used to smoke, but quit	21.4	33.3	0.0	23.0
Never	14.3	26.7	81.8	69.2
Occasional smoker	0.0	6.7	3.0	0.0
No answer	14.3	6.7	6.0	7.7
Number of subjects	28	15	33	13

**A3.Table 12.164. SL 90B. "If yes, for how many years did you smoke?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
>20	100.0	100.0	100.0	0.0
<20	0.0	0.0	0.0	0.0
Number of subjects	14	4	3	0

**A3.Table 12.165. SL 90C. "If you smoke(d), how many cigarettes did you or do you smoke a day?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
0	25.0	33.3	87.9	76.9
5	0.0	0.0	3.0	0.0
6	3.6	0.0	0.0	0.0
7	0.0	6.7	0.0	0.0
10	7.1	0.0	6.1	7.7
13	3.6	0.0	0.0	0.0
15	3.6	26.7	0.0	7.7
16	3.6	0.0	0.0	0.0

20	35.7	26.7	3.0	7.7
30	14.3	0.0	0.0	0.0
40	3.6	6.7	0.0	0.0
Number of subjects (n)	28	15	33	13

**A3.Table 12.166. ADL 88A. "Are you able to walk between rooms?" by age group and gender.**

JPN-O	Men (%)		Women (%)		
	70 - 79	80+	70 - 79	80+	
No	0.0	0.0	0.0	0.0	
Only with help	0.0	0.0	0.0	0.0	
With difficulty but without help		0.0	0.0	6.1	0.0
Without difficulty	85.7	93.3	87.9	92.3	
No answer	14.3	6.7	6.1	7.7	
Number of subjects (n)	28	15	33	13	

**A3.Table 12.167. ADL 88B. "Are you able to use the stairs?" by age group and gender.**

JPN-O	Men (%)		Women (%)		
	70 - 79	80+	70 - 79	80+	
No	0.0	0.0	3.0	7.7	
Only with help	0.0	20.0	3.0	23.1	
With difficulty but without help		14.3	6.7	24.2	15.4
Without difficulty	71.4	66.7	63.6	46.2	
No answer	14.3	6.7	6.1	7.7	
Number of subjects (n)	28	15	33	13	

**A3.Table 12.168. ADL 88C. "Are you able to walk at least 400 metres?" by age group and gender.**

JPN-O	Men (%)		Women (%)		
	70 - 79	80+	70 - 79	80+	
No	0.0	0.0	0.0	0.0	
Only with help	0.0	0.0	0.0	0.0	
With difficulty but without help		0.0	0.0	9.1	0.0
Without difficulty	85.7	93.3	84.8	92.3	
No answer	14.3	6.7	6.1	7.7	

Number of subjects (n)	28	15	33	13
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**A3.Table 12.169. ADL 88D. "Are you able to get places out of walking distance, i.e. by bus, taxi, train?" by age group and gender.**

JPN-O	Men (%)		Women (%)		
	70 - 79	80+	70 - 79	80+	
No	0.0	0.0	0.0	0.0	
Only with help	3.6	26.7	12.1	23.1	
With difficulty but without help		3.6	0.0	6.1	0.0
Without difficulty	78.6	66.7	75.8	69.2	
No answer	14.3	6.7	6.1	7.7	
Number of subjects (n)	28	15	33	13	

**A3.Table 12.170. ADL 88E. "Are you able to use the toilet?" by age group and gender.**

JPN-O	Men (%)		Women (%)		
	70 - 79	80+	70 - 79	80+	
Yes	0.0	0.0	0.0	0.0	
Only with help	0.0	0.0	0.0	0.0	
With difficulty but without help		3.6	0.0	3.0	0.0
Without difficulty	82.1	93.3	90.9	92.3	
No answer	14.3	6.7	6.1	7.7	
Number of subjects (n)	28	15	33	13	

**A3.Table 12.171. ADL 88F. "Are you able to wash and bathe yourself?" by age group and gender.**

JPN-O	Men (%)		Women (%)		
	70 - 79	80+	70 - 79	80+	
No	0.0	0.0	0.0	0.0	
Only with help	0.0	0.0	0.0	0.0	
With difficulty but without help		3.6	0.0	6.1	0.0
Without difficulty	82.1	93.3	87.9	92.3	
No answer	14.3	6.7	6.1	7.7	
Number of subjects (n)	28	15	33	13	



**A3.Table 12.172. ADL 88G. "Are you able to dress and undress?" by age group and gender.**

JPN-O	Men (%)		Women (%)		
	70 - 79	80+	70 - 79	80+	
No	0.0	0.0	0.0	0.0	
Only with help	0.0	0.0	0.0	0.0	
With difficulty but without help		3.6	0.0	3.0	0.0
Without difficulty	82.1	93.3	90.9	92.3	
No answer	14.3	6.7	6.1	7.7	
Number of subjects (n)	28	13	33	13	

**A3.Table 12.173. ADL 88H. "Are you able to take care of your appearance?" by age group and gender.**

JPN-O	Men (%)		Women (%)		
	70 - 79	80+	70 - 79	80+	
No	0.0	0.0	0.0	0.0	
Only with help	0.0	0.0	0.0	0.0	
With difficulty but without help		3.6	0.0	3.0	7.7
Without difficulty	82.1	93.3	90.9	84.6	
No answer	14.3	6.7	6.1	7.7	
Number of subjects (n)	28	15	33	13	

**A3.Table 12.174. ADL 88I. "Are you able to get in and out of bed?" by age group and gender.**

JPN-O	Men (%)		Women (%)		
	70 - 79	80+	70 - 79	80+	
No	0.0	0.0	0.0	0.0	
Only with help	0.0	0.0	0.0	0.0	
With difficulty but without help		3.6	0.0	3.0	0.0
Without difficulty	82.1	93.3	90.9	92.3	
No answer	14.3	6.7	6.1	7.7	
Number of subjects (n)	28	15	33	13	

**A3.Table 12.175. ADL 88J. "Are you able to do your own cooking if you had to?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
No	0.0	13.3	0.0	7.7
Only with help	7.1	0.0	0.0	7.7
With difficulty but without help		7.1	0.0	6.1 7.7
Without difficulty	71.4	80.0	87.9	69.2
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.176. ADL 88K. "Are you able to feed yourself if you had to?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
No	0.0	6.7	0.0	0.0
Only with help	0.0	0.0	0.0	7.7
With difficulty but without help		3.6	6.7	3.0 0.0
Without difficulty	82.1	80.0	90.9	84.6
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.177. ADL 88L. "Are you able to do light housework (e.g. wash dishes)?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
No	0.0	6.7	0.0	0.0
Only with help	3.6	0.0	0.0	7.7
With difficulty but without help		0.0	6.7	6.1 7.7
Without difficulty	82.1	80.0	87.9	76.9
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.178. ADL 88M. "Are you able to do heavy housework (wash windows)?"**

by age group and gender.					
JPN-O	Men (%)		Women (%)		
	70 - 79	80+	70 - 79	80+	
No	3.6	26.7	12.1	23.1	
Only with help	7.1	6.7	15.2	30.8	
With difficulty but without help		3.6	13.3	21.2	15.4
Without difficulty	71.4	46.7	45.5	23.1	
No answer	14.3	6.7	6.1	7.7	
Number of subjects (n)	28	15	33	13	

**A3.Table 12.179. ADL 88N. "Are you able to take your own medicine if you had to?" by age group and gender.**

JPN-O	Men (%)		Women (%)		
	70 - 79	80+	70 - 79	80+	
No	0.0	0.0	0.0	0.0	
Only with help	0.0	6.7	3.0	0.0	
With difficulty but without help		0.0	0.0	3.0	0.0
Without difficulty	85.7	86.7	87.9	92.3	
No answer	14.3	6.7	6.1	7.7	
Number of subjects (n)	28	15	33	13	

**A3.Table 12.180. ADL 88O. "How often do you wet yourself?" by age group and gender.**

JPN-O	Men (%)		Women (%)		
	70 - 79	80+	70 - 79	80+	
Never	85.7	93.3	93.9	76.9	
Occasionally	0.0	0.0	3.0	15.4	
Frequently	0.0	0.0	0.0	0.0	
No answer	14.3	6.7	6.1	7.7	
Number of subjects (n)	28	15	33	13	

**A3.Table 12.181. ADL 88P. "How often do you soil yourself?" by age group and gender.**

JPN-O	Men (%)	Women (%)
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	70 - 79	80+	70 - 79	80+
Never	85.7	93.3	90.9	84.6
Occasionally	0.0	0.0	0.0	7.7
Frequently	0.0	0.0	3.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

**A3.Table 12.182. ADL 88Q. "Who is your main helper?" by age group and gender.**

JPN-O	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Spouse/partner	53.6	26.7	51.5	7.7
Your child/ren	28.6	66.7	39.4	69.2
Friend/relative	3.6	0.0	3.0	7.7
Neighbour	0.0	0.0	0.0	7.7
Paid help	0.0	0.0	0.0	0.0
No answer	14.3	6.7	6.1	7.7
Number of subjects (n)	28	15	33	13

